

# BEEF STEW

## CANNED

for use in the USDA Household  
Commodity Food Distribution Programs

### Product Description

- **Canned Beef Stew** is a ready-to-eat product; just heat and serve.
- Ingredients include chunks of beef, potatoes, and carrots, packed in brown gravy.

### Pack

Beef stew is packed in a 24-ounce can, which totals about three cups of stew, serving 3 to 4 persons.

### Storage

- Store unopened cans of beef stew at room temperature, 85°F, or below.
- For best quality, unopened cans of stew should be used within 36 months of receipt.
- Store leftover stew in a covered container and refrigerate. Use within 3 to 4 days.

### Uses and Tips

- Canned beef stew makes a complete meal if served over pasta, noodles, or rice with a vegetable or green salad as an accompaniment.
- Canned stew can be placed in a casserole, topped with raw biscuits, and baked until the biscuits are lightly browned and the stew is bubbling - for a Pot Pie.



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- Top stew, in a casserole, with mashed potatoes and bake until bubbling and potatoes are browned; this is called Shepherd's Pie.

### Nutrition Information

**Canned Beef Stew** is a good source of vitamin A and iron.

Nutrition Facts			
Serving size 1 cup (227g) canned beef stew			
Amount Per Serving			
Calories	217	Fat Cal	86
% Daily Value*			
Total Fat	9.6		14%
Saturated Fat	3.9		19%
Cholesterol	40mg		13%
Sodium	998		41%
Total Carbohydrate	17g		5%
Dietary Fiber	2 g		8%
Sugars	2g		
Protein	14g		
Vitamin A	30%	Vitamin C	8%
Calcium	2%	Iron	12%
*Percent Daily Values are based on a 2,000 calorie diet.			

(Note: This beef stew is commercially labeled. The above nutritional information is a composite of the different brands offered.)

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